

Recipes for The Farm at Miller's Crossing, Week 18 – 2011

Carol Hargis, The Market Fresh Chef 

Broccoli/Raab w/ Capers, Onion, Lemons, Mint Serves 4

1 bunch RAAB, stemmed, washed

1/4 cup CAPERS

1/2 ONION, minced, or 1/2 bunch sliced scallions, or 3 shallots minced

1 LEMON zested, then juiced

1 CLOVE GARLIC, split lengthwise

1/2 cup MINT, chiffonade -OR- 1/4c parsley & 1/4c mint minced

1/2 cup BREADCRUMBS, tossed w/ 1-2T oil (to moisten, not soak), w/ s&p. *Optional*

Bring a pot of water to boil. Add 3T salt, blanch greens. Drain, rinse under cold water.

Drain, cool. Heat a sauté pan on medium. Coat the bottom w/ oil. Add garlic, onion, sauté til translucent & soft. Squeeze greens dry, chop, loosen on the cutting board w/ fingers. Add capers, zest, greens to onion. Drizzle w/ oil til shiny. Add juice, s&p & toss. Heat, tossing. Sprinkle w/ herbs, toss. To use breadcrumbs, make a well in center of greens in the pan, add crumbs. Cook them, stirring, til golden, then mix altogether. Add extra oil to make a looser sauce you can use w/ steamed potato or brown rice. Or w grilled lamb – a topping or a side.



Mizuna Salad w/ Oranges

Whisk zest & juice of 1 ORANGE, 1tsp. HONEY, 1/2cup OLIVE OIL. Add 12cups MIZUNA, 3 sectioned ORANGES, 2/3cup toasted WALNUTS, 1/4cup finely sliced FENNEL. Toss.

CSA Napa & Carrot Slaw Serves 4

1/2 head NAPA cabbage, (4c) fine slice

3-4 CARROTS (2c) grated

Dressing:

4 Tbsp. RICE VINEGAR

2 Tbsp. SUGAR

Pinch WHITE PEPPER

1 tsp. SESAME OIL

12 Tbsp. grapeseed or canola oil

Whisk 1st 3. Whisk in sesame oil. Whisk in grapeseed oil til emulsified. Toss cabbage & carrot. Add dressing a few spoonfulls at a time, tossing. If serving cold, drain. Dressing is good for sliced cukes. Can add chop dates & peanuts, or raisins, green onions near the end.



Pecorino 2 Bean Salad Giada

2 cups GREEN BEANS sliced 1"

3 Tbsp. OLIVE OIL

3 CLOVES GARLIC, minced

2 tsp. finely chopped ROSEMARY

2 cups can CANNELINI beans, rinse, drain

5oz. Pecorino ROMANO, 1/4" chunk (1c)

1/4 cup chop PARSLEY

1/4 tsp. EACH SALT & PEPPER

Boil beans 3-5min, plunge into ice water 1m. Drain. In skillet heat oil on medlo. Add garlic, cook 30sec. Remove from heat. Stir in rosemary, cool slightly. Mix green beans, white beans, cheese, parsley, s&p. Add garlic-rosemary oil, toss.

